

MAY 2010

60p



CROSTHWAITE



CARTMEL FELL



HELSINGTON

**TWO
VALLEYS PARISH
NEWS**



UNDERBARROW



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Church Services for MAY 2010

2nd May

9.30am	Cartmel Fell	Matins (BCP)	Mr. Bob Emmett
9.30am	Helsington	Holy Communion (CW)	Rev. Colin Honour
9.30am	Underbarrow	Holy Communion (BCP)	Canon Michael Middleton
9.30am	Witherslack	Holy Communion (CW)	Rev. Michael Woodcock
11.00am	Winsters	Morning Prayer + AGM	Rev. Michael Woodcock
6.30pm	Crosthwaite	Evensong	Rev. Michael Woodcock

The 5th Sunday of Easter

9th May

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Woodcock & Ruth Clarke
9.30am	Helsington	Holy Communion (CW)	Rev Tim Harmer
9.30am	Underbarrow	Holy Communion (CW)	Rev Bob Dew
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Woodcock & Ruth Clarke
11.00am	Winsters	Matins (BCP)	Rev. Tim Harmer
6.30pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

The 6th Sunday of Easter

Thursday 13th May

ASCENSION DAY

- 7.30am Open air Holy Communion on Scout Scar *followed by English Breakfast at Sunnybank, Underbarrow*
- 7.30pm Deanery Ascension Day Communion at St. Mark's, Natland
-

16th May

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. John Crossley
9.30am	Witherslack	Holy Communion (CW)	Rev. Woodcock & Ruth Clarke
9.30am	Helsington	Holy Communion (CW)	Rev. Tim Harmer
11.00am	Underbarrow	Holy Communion (CW)	Rev Tim Harmer
11.00am	Winsters	Holy Communion (BCP)	Rev. Woodcock & Ruth Clarke
6.30pm	Crosthwaite	Healing & Wholeness	Revs. Woodcock & Harmer

The 7th Sunday of Easter

23rd May

9.30am	Cartmel Fell	Holy Communion (BCP)	Rev. Michael Woodcock
9.30am	Helsington	Holy Communion (CW)	Rev Tim Harmer
11.00am	Underbarrow	Parish Communion (CW)	Rev Tim Harmer
11.00am	Crosthwaite	Holy Communion (CW)	Rev. Michael Woodcock
11.00am	Winsters	Matins (BCP)	Mr. Roger Bingham
6.30pm	Witherslack	Evensong (BCP)	Rev. Michael Woodcock

Pentecost (Whitsun)

30th May

Trinity Sunday

10.30am	United 5th Sunday Service at Helsington	Rev. Tim Harmer
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Every THURSDAY 9.30am Holy Communion (CW) in Crosthwaite (except 13th May)

Two Valleys Churches

"Enriching lives Embracing God"

Parish Priest: Rev. Michael Woodcock, The Vicarage, Crosthwaite, Kendal LA8 8HX
Tel. 015395 68276 Email: mich@elwoodcock.com

Reader: Mrs. Michelle Woodcock (address as above)
Email: michellewoodcock74@hotmail.com

St. Anthony's, Cartmel Fell

Churchwardens:	Mr. Anthony Clarke	015395 31481
	Mr. Oliver Barratt	015395 68200

St. Mary's, Crosthwaite

Churchwardens:	Mr. Matthew Dobson	015395 68849
	Mr. John Holmes	015395 68599

Holy Trinity, Winstler

Churchwardens:	Mr. Michael Hopkinson	015394 42681
	Mr. David Porritt	015394 43461

St. Paul's, Witherslack

Churchwardens:	Mrs Hilda Jarvis	015395 52341
	Mrs. Janet Read	015395 52481

Parish Priest: Rev. Tim Harmer, Sunnybank, Underbarrow, Kendal LA8 8HG
Tel. 015395 68865 Email: revtim.harmer@virgin.net

St. John's, Helsington

Churchwardens:	Mr. Vernon Wrigley	015395 68429
	Mrs. Margaret Wrigley	015395 68429

All Saints, Underbarrow

Churchwardens:	Mr. J.H. Willison	015395 68359
	Mr. John Lee	015395 68470

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MAGAZINE DEADLINES

For **HELSEINGTON** to Mary Cross (68685) by **9th of previous month**
For **UNDERBARROW** to Mabel Evans (68481) by **9th of previous month**
All Others to the Editor by **12th of previous month by email or letter please**

A LETTER FROM MICHAEL WOODCOCK

You may be familiar with this story: At dawn Jesus appeared in the temple courts, where all the people gathered around him, and he sat down to teach them. The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group and said to Jesus, "Teacher, this woman was caught in the act of adultery. In the Law Moses commanded us to stone such women. Now what do you say?" They were using this question as a trap, in order to have a basis for accusing him. But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, he straightened up and said to them, "If any one of you is without sin, let him be the first to throw a stone at her." Again he stooped down and wrote on the ground. At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?" "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

This is perhaps one of the most powerful accounts in John's gospel (it comes from chapter 8:1-11). Strip away all the distortions, corruptions and imperfections the Christian church has created for itself over the centuries, get back to the actual teachings of Jesus Christ and you are left with a story like this. And what a story! It reminds us that none of us is perfect, that any one of us can make mistakes in life and get things wrong from time to time. In their anger, the religious teachers of the day wanted to punish this woman. Jesus does not rise to their bait but simply bends to the ground and doodles in the sand. He then speaks those devastating words, "If any one of you is without sin, let him be the first to throw a stone at her". The older ones, perhaps a little wiser after seeing more of life, are the first to drift away, but the younger ones follow too. They all begin to realize that none of them is perfect enough to cast any stone at another. So often in life we fall into those traps of judging one another.

This simple report of an encounter Jesus had in the temple courts of Jerusalem leave us with a profoundly different approach to life and its mistakes

and imperfections. What a different place our world would be if we could begin to live like this!

Yours in friendship,

Michael Woodcock

FROM THE REGISTERS



**Funeral at St. Paul's Witherslack on 26th March of
Fortune Stanley (83)**

**Funeral at St. Mary's Crosthwaite on 18th March of
March Elizabeth "Lizzie" Mitchell (88)**

Mrs Mitchell was born at Broughton Cross, West Cumbria, she was a Farmer's daughter and worked on the Farm, after her marriage to DICK they moved to Dacre prior to moving to Crosthwaite where they took over the Blacksmith Smithy, she has lived in Crosthwaite for 58 years. She was a good dressmaker, cake-icer and enjoyed her garden. She was a member of the Cameo and Lunch Club.

Holy Days in May

- | | |
|-----------|---|
| 1 | Philip and James, Apostles - Festival |
| 2 | Athanasius, Bishop of Alexandria, Teacher of the Faith, 373 - Lesser Festival |
| 4 | English Saints and Martyrs of the Reformation Era - Lesser Festival |
| 8 | Julian of Norwich, Spiritual Writer, c.1417 - Lesser Festival |
| 13 | ASCENSION DAY - Principal Feast |
| 14 | Matthias the Apostle - Festival |
| 19 | Dunstan, Archbishop of Canterbury, Restorer of Monastic Life, 988 - Lesser Festival |
| 20 | Alcuin of York, Deacon, Abbot of Tours, 804 - Lesser Festival |
| 24 | John and Charles Wesley, Evangelists, Hymn Writers, 1791 and 1788 - Lesser Festival |
| 25 | The Venerable Bede, Monk at Jarrow, Scholar, Historian, 735 - Lesser Festival |
| 26 | Augustine, first Archbishop of Canterbury, 605 - Lesser Festival |
| 30 | Josephine Butler, Social Reformer, 1906 - Lesser Festival |
| 31 | The Visit of the Blessed Virgin Mary to Elizabeth - Festival |

CALLING ALL PARISHIONERS

ADVANCE NOTICE OF ORDINATIONS

Advance notice of the Ordination service which will take place in Carlisle Cathedral at 10.30am on Sunday 4th July. On this happy day we will be welcoming three new curates into our wider Two Valleys team of churches as they are ordained as deacons this year (they will be ordained priests next year). Matt Allen will be a paid (stipendiary) curate based at St. Thomas's in Kendal, but we will see him around from time to time in our villages. Brian Crowe and Michelle Woodcock will be voluntary (non-stipendiary) curates and will be working across the Two Valleys team, although Brian will spend half his time based at St. Catherine's, Crook. Please make a note of the date and consider coming to the service in the Cathedral. A coach will be arranged for those who would prefer to travel this way.

ORDINATIONS @ CARLISLE CATHEDRAL 4th JULY 10.30 A.M.

We are organising a return coach trip from Crosthwaite to Carlisle for this ordination ceremony. Cost depends on numbers. Would anyone wishing to book a place please contact John Holmes. 015395 68599 or email cjh@coyote-software.com.

ASCENSION DAY

This year there will be two services for Ascension Day on Thursday 13th May:

- 7.30am Open Air Holy Communion on Scout Scar *followed by English Breakfast at Sunnybank, Underbarrow*
- 7.30pm Deanery Ascension Day Holy Communion (CW) at St. Mark's, Natland
Please let June Harmer know if you would like Breakfast at Sunnybank after the early morning service (015395 68865)

UNITED 5TH SUNDAY SERVICE 30 MAY 10.30 a.m.

Our 5th Sunday service will be at St. John's, Helsington.

5th Sunday Choir

The 5th Sunday choir will be singing during the service and if you would like to be a part of the choir please come to the first rehearsal on Thursday 13th May at 4pm in Crosthwaite church. Subsequent rehearsals will be on 20th & 27th May. Anyone is welcome to come and sing. For more information contact Dorothy Grace (015395 68569).

THANK YOU DOROTHY

All our villages are indebted to our recently retired Magazine editor, Mrs. Dorothy Grace. We do thank you, Dorothy, for your hard work and commitment in producing our parish magazine each month over the last two years. We wish you well as you step back from this role but continue to serve our communities in many other ways.

YOUR NEW EDITORIAL TEAM...

From next month, there will be an editorial "team" consisting of a number of individuals from within our parishes who will each take responsibility for producing your Two Valleys News for a couple of months each year.

If you are computer literate, and have the time and inclination to be part of this team, please contact Lorraine Brierley on 015395 68172. We only need one more person, so could it be YOU?

We will give you more details of the new team in next month's magazine and we look forward to bringing you this magazine each month and of assuring you of our very best service!

Warm regards,

The Two Valleys Editorial Team

CUMBRIAN CHRISTIANS VISIT TO THE HOLY LAND

I wonder if others are as disturbed as I am to read in "The Way" that Cumbrian Christians joining an organised visit to the Holy land are to be accommodated in hotels equivalent to four star status.

I find this totally at variance with the nature of the enterprise; the cost of the trip must in part reflect this. £1,497 is well beyond the means of a large proportion of the members of our congregations.

Even some of those who can afford this sum may question whether the needs of those in Darfur, the bus tees of Calcutta, the townships of South Africa and the camps of Haiti should have a higher priority than a luxury trip to the Holy Land.

Guy Greenwood. Underbarrow

Lyth Valley Website Events Calendar

The website is a key information source for organisations and individuals within the two valleys to co-ordinate events without clashes.

Before you finalise the date for your event, please check the Events Page on the Lyth Valley Website at www.crosthwaiteandlyth.co.uk/twovalleysevents.html

Click on the relevant email address to mail the webmaster (John at South Low) to let him know the date of your event so he can put it onto the diary and then others will know the date is booked.

EMMAUS

There will be a short four-week course, designed as a follow-up to Alpha, held at Sunnybank, Underbarrow, the home of Tim & June Harmer, starting at the end of April. You don't have to have attended Alpha to be able to come. Anyone who is interested will be most welcome.

The course uses material from a national church course entitled 'Emmaus – The Way of Faith'. The course will run on **Mondays** at **7.30pm** starting on **26th April** but missing the following Monday as it is a bank holiday.

The details are as follows:

Monday 26th April	Learning to Pray
Monday 10th May	Reading the Bible
Monday 17th May	Belonging to the Church
Monday 24th May	Sharing Holy Communion

THANK YOU FOR THE EASTER HOLIDAY CLUB

Very many thanks to all the leaders and helpers who made this year's Easter Holiday Club once again go with a swing. We had 46 children and youngsters this year enjoying a wide variety of Easter crafts and arts and the morning culminated in the premiere of our Puppet Theatre's production of "The Animal's Easter"; Monty Mouse and Debbie the Donkey re-telling the Easter story in a way that was accessible to all ages.

There have been many new things happening amongst our children and youth within the churches over the past 4 years, but don't forget we continue to provide many things specifically for adults as well. See the short 4 week course on offer above...

HEALING AND WHOLENESS

Our next Healing and Wholeness service will be at 6.30pm on Sunday 16th May in St. Mary's, Crosthwaite. This service is open to anyone in our villages and we hope that folk will come to ask prayers either for themselves or for someone they know.... We will then gently but powerfully pray for you... and leave it all in God's hands.... You don't have to come with any prayer requests, feel welcome just to come and be there as an encouragement to others. Unless we ask, how can we expect to receive... ?

WHAT ABOUT OTHER DENOMINATIONS?

In May we welcome Mrs Ruth Clarke to 4 of our parishes as she comes to speak about the importance of ecumenism and how we relate to members of other denominations. This is such an important topic as most of the Christian churches in our valleys are from the Church of England, yet we know of many residents who come from Baptist, Methodist, Roman Catholic, Presbyterian, United Reformed backgrounds, etc. Ruth is going to be speaking on the following Sundays:

9 th May	9.30am at St. Anthony's, Cartmel Fell
9 th May	11.00am at St. Mary's, Crosthwaite
16 th May	9.30am at St. Paul's, Witherslack
16 th May	11.00am at Holy Trinity, Winstler

NOTICES FOR INDIVIDUAL PARISHES

CARTMEL FELL

FELL BLUEBELL WALKS - 8 MAY

The annual Bluebell walks will start at 2 p.m. There will be a short walk of approximately 1.5 miles and a longer walk of approximately 3.5 miles. Refreshments will be available and there will be a short Service in Church at 5pm. All Welcome.

**Cartmel Fell Parish Council.—27 May
7 p.m. Tower Wood Outdoor Pursuits
Centre.**

The annual accounts will be presented and elections to office made. The Assembly Meeting is also an occasion when members

of the public can take part and ask any questions relevant to the Council or suggest items for future agendas for the Council to consider. There is currently a vacancy for a Councillor - if you are interested in serving the community in this way please contact the Chairman, Councillor Ted Walsh (015395-30272) or the Clerk, Kevin Price (01539-821596)".

ST ANTHONY'S ROTAS COFFEE

9th May Jane Eccles
23rd May Evelyn Cervetti

FLOWERS

Hazel Archer, Anne Bennett
22 May Wedding

CROSTHWAITE

**Calor Cumbria Village of the Year
2009**

www.crosthwaiteandlyth.co.uk

GARDEN RAMBLE

Sunday and Monday, 30/31 May 2010

We are getting ever closer to our Garden Ramble and by the time you read this, we will be only a few weeks away.

We hope that the warm weather forecast for April is correct, to get those tardy plants into bloom for a stunning display in May. The weeds are now active, so get out there and halt their advance, so that our Crosthwaite gardens are at their best for our visitors.

Currently we have some 16 gardens open, together with a woodland walk around a nature reserve, hopefully full of bluebells.

As well as the gardens, we will also have an excellent quiz for the children, together with a raffle with some great prizes.

We still need more help to run the event; we need stewards in gardens, car parking assistants, help with refreshments, and ticket sales. If you can help, please give me, John Handley, a call on 015395 68297

THE ANNUAL JUMBLE SALE

takes place on in the Memorial Hall on Saturday May 8th. If anyone has any jumble to be collected please contact Jim Bownass

68203 Gordon Pitt 68210, Marilyn Shuttleworth 68522 or Roger Smith 68671. If you have any goods that you think might sell on the day in our auction, please give any of the above a call. We will be setting up the stalls on the Friday night previous, and offers of help will be much appreciated.
Thanks Jim Bownass

THE EXCHANGE— DATES FOR YOUR DIARY

The Crosthwaite Exchange has been busy organising its future events and would like you to put the following dates in your diary:

Summer bedding plants and hanging baskets – 19th May

Strawberry Tea – July 14th

We look forward to welcoming you both of these great events!

CHILDREN'S SOCIETY COLLECTION BOXES

Denise Park has taken over the collection of the Children's Society Boxes from Anne and Peter McDonald and it is now time for them to be collected and counted. I would be grateful if you would bring the boxes to St Mary's Church on a Sunday or deliver them to Thornrigg, The Howe. If collection is required please let me know. Denise Park, Thornrigg, The Howe, Lyth. Tel. 015395 68502

BOWLAND BRIDGE SHOP

The post office part of the shop will close on 15th May. May we thank you for your post office custom and we look forward to continue serving you in the shop and the tea room.

Molly and John Wood

ST MARY'S ROTAS COFFEE

9th. Eileen & Dorothy Dobson.
23rd Pat & Gordon Howarth

FLOWERS

2nd From Wedding
9th Helen Bond
16th Volunteers
23rd Nan Shepherd & Wyn Marsden.

Note: Will Volunteers for Flowers please contact either Vonnice Sharp (52005) Or Eileen Alston (68565)

Thank you.

CROSTHWAITE HELPLINE

Please contact:
Geraldine & Arthur Wilson on 68836

HELSINGTON

SECOND SATURDAY COFFEE MORNING - 8 MAY 10.30—12 p.m.

The 'Second Saturday' Coffee Morning will be held at Wood End, Brigsteer. Please 'phone John and Jean Seddon on 68390 for further details.

HELSINGTON PARISH COUNCIL

The Annual Meeting of Helsington Parish Council will be held on Wednesday 5th May 2010 starting at 7.30pm in Underbarrow Village Hall. Parish Council meetings are open and the public and press are cordially invited.

TABLE TENNIS SEASON ENDED

Please note that table tennis has finished in Brigsteer until October. For more info contact Tony Rhodes.

UNDERBARROW

Underbarrow & Bradleyfield Parish Council. - Tuesday 11th May 7 p.m.

To be held at Underbarrow Institute. The annual accounts will be presented and elections to office made. The Assembly Meeting is also an occasion when members of the public can take part and ask any questions relevant to the Council or suggest items for future agendas for the Council to consider. Kevin Price (Clerk) 01539-821596.

ALL SAINTS' CHURCH UNDERBARROW

COFFEE MORNING PLANT SALE CAKE STALL

**SATURDAY 8th May
10 a.m. to 12 noon
in
Underbarrow Village Institute**

WINSTER

BOOK & PLANT DAY

**Sat 29th May—10.30 - 4.30
Old School House (next to Church)**

Easter Saturday was the start of the Book and Plant days for 2010 - and what a start! Although some brave visitors were determined to sit outside, for the majority a seat inside by the fire was more inviting. With a new batch of household textiles for sale and super 'new' books the day was a continuous round of coffee, cake and chatter - it was good to be back!

As the weather is now getting warmer 'tea on

the lawn' should be possible for the next day so do come and join us - there will also be lots of cushions for sale.

With all the books we are getting there is a need for additional space to display them. So if anyone has a bookcase they no longer need which would fit into the School House, we would be very glad to have it.

Contact Yvonne or Margaret on 015394 42945/42325

Crook and Winster Parish Council. - 10th May 7.30pm. Crook Memorial Hall

The Annual Meeting of the Parish Council at which the annual accounts will be presented and elections to office made. The Assembly Meeting is also an occasion when members of the public can take part and ask any questions relevant to the Council or suggest items for future agendas for the Council to consider. There is currently a vacancy for a Councillor - if you are interested in serving the community in this way please contact the Chairman, Councillor Richard Metcalfe (01539-821352) or the Clerk, Kevin Price (01539-821596).

OPEN GARDEN FOR WINSTER CHURCH

By kind permission of Mr & Mrs K Scowcroft, their gardens at Rosthwaite Farm will be open on **Sat 17th July 2010** to support Holy Trinity Church, Winster and St Martin's, Bowness. Please make a note in your diary; further details will be published nearer the time. For further information contact Yvonne Bradbury 015394 42945.

HOLY TRINITY FLOWERS

1st Rhona Graham
15th & 22nd weddings.
29th Lily Holme (5th Sunday)

WITHERSLACK

www.witherslack.org

SUNDAY CLUB

The next Sunday Club will be on **Sunday 2nd May**. We meet at St. Paul's church, Witherslack from 9.30am to 10.30am. All children aged 3-12 are welcome and will enjoy making friends with our small existing group who eat biscuits, play games and create craft items! For more details phone Michelle Woodcock on 015395 68276.

WITHERSLACK SHORT MAT BOWLING CLUB

Don't be shy, come along and have a go! A warm welcome is extended to all, bowlers and beginners alike. Enjoy the social atmosphere, refreshments and chat. We meet on **Wednesday evenings at 7.30pm** in Witherslack Village Hall. All equipment is provided. If you need more information, phone Ann on 52313 or Danny on 52202.

TEA & CHAT

The next Tea & Chat will be on **Tuesday 4th May** in the Barwick Hall, 2-3.30pm. Everyone Welcome...come and join us!

ST PAUL'S ROTAS SIDESMEN & READERS

2nd Henry Jackson; George Page
7th Tony Brennan;
14th Dorothy Mallinson; Trevor Farrer
21st Diane Woolard; Val Pattison

FLOWERS

Mrs E Jackson, Mrs P Hodgson

“Hold a Fish and Chip Supper to help spinal cord injured people live full and independent lives.”

Great British Fish and Chip Supper – Friday 21st May 2010

Want to do something different? Want to raise money where you live or work? Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 21st May 2010 whilst raising awareness of spinal cord injury and supporting SIA's information and support services.

You can hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 7 friends and asking them to donate an additional £5.00 means you will raise at least £35.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

Last year we had over 80 suppers taking part in England and Wales. In 2010 we want to double that figure and ensure we can provide more support to spinal cord injured people.

The money raised from the suppers will help the Spinal Injuries Association offer support to individuals who become paralysed and their families, from the moment a spinal injury occurs, and for the rest of their lives by providing services and publications which enable and encourage paralysed people to lead independent lives.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Community Fundraising Officer, Elizabeth Wright, says, “The Fish and Chip Supper is a wonderful opportunity for a great evening with friends and family. We are also encouraging people who work to hold a Fish and Chip Lunch in their work places to raise even more funds. You may be even a local community group wanting to run a fun evening with your group.

Be a part of something special and make a real difference to help spinal cord injured people gain access to the information and support they need to enable them to live full and independent lives.”

For more information or request a fundraising pack call Elizabeth Wright on 0845 678 6633

xtn 229 or email fishandchips@spinal.co.uk or visit www.spinal.co.uk



Stewardship of the Earth

Over the past year the Two Valleys group met nine times to discuss our stewardship of the earth's resources. An ever-expanding world population expects undiminished growth in living standards, but the planet's resources of food, water and fossil fuels are finite, as is the ability of the atmosphere and oceans to absorb waste products of industrial society. The group focused particularly on agriculture, energy and climate. Here are some highlights:

Agriculture has so far kept pace with population growth and appetite by operating on an industrial scale, increasing crop yields with man-made fertilisers and pesticides, and grazing animals where once forests grew, often to the detriment of animals and the environment. To meet future needs, crop yields must be increased further, perhaps with GM crops, but the group questioned the gains claimed and the wisdom of giving global monopolistic power to companies such as Monsanto. Much clearer is the need to reduce the world's appetite for meat. Animals are very inefficient in converting energy into food, require huge resources of water and land and are a major source of methane, a greenhouse gas 30 times as potent as carbon dioxide. It's good to graze sheep on the fells, but senseless to cut down the tropical rain forest to grow beef. Conclusion 1: eat less meat.

Currently the UK depends on fossil fuels (gas, oil and coal) for 96% of its energy needs – two thirds are used for heating & cooling and transport. Known reserves of fossil fuels have so far kept pace with burgeoning global demand, but the difficulty and cost of extraction are growing; availability must peak soon and prices rise. Alternative sources of energy cannot replace fossil fuels in the next 40 years but there are directions we can take.

Locally: Use less energy – improve insulation, turn the thermostat down, drive less, downsize your car.

Expand and manage the woodlands of Cumbria for sustainable wood, fuelling 90% efficient wood-burning boilers in schools, offices, public buildings and village halls!

Use heat pumps to heat similar buildings using "green" electricity.

Develop suitable local hydro schemes – useful and community-friendly.

As the cost of solar cells falls, install on suitable buildings to feed electricity to the grid.

Nationally: Make long-term investments in infrastructure (difficult now) – tidal power, energy storage and transmission, efficient electric rail and vehicle transport.

Build wind farms, especially offshore; contentious, but most effective renewable in short-term. Nuclear on suitable sites – also contentious, but an essential component of a national energy plan.

Climate change and the degree to which it is man-made invoked the liveliest debate, with all shades of opinion between proven beyond reasonable doubt to a conspiracy of scientists and government. Most believe it is happening and caused in a good measure by man-released greenhouse gases, though the facts are muddled by exaggeration. What to do? More research to understand the climate better, don't panic, and adopt the same measures as above.

What next? A long pause for Easter, the (glorious) summer and to think. Maybe some meetings next autumn focused on possible initiatives in the Two Valleys, as are being taken by other villages in Cumbria. Ideas on a postcard or preferably by e-mail please to mjfleet-13@btinternet.com.



REPORTS & NEWS

BRIGSTEER

The W.I. meeting will be on May 13th at 7.30pm, when we shall discuss the resolutions that go forward to the national A.G.M. Please 'phone Lesley 68396 for details.

CARTMEL FELL

The Annual Spring Show on 13th March was another successful event with a good selection of entries in all sections - floral arrangements, cut flowers, cookery, and crafts and photography etc. All the children who entered won prizes.

In memory of an ex member, Margaret Dawson, 19 members enjoyed a morning at Blackwell, the Arts and Craft House, Following coffee and cake the curator gave an excellent talk on the history of building after which members explored the house - often seeing things through new 'eyes'. A thoroughly lovely event.

At our April meeting we were all fascinated by an interesting talk and slide show given by Dick White, with the help of his wife Pamela, on Sizergh Castle, its history and recent restoration. The medieval building will now last another 200years!

The next meeting is on Wednesday 5th May at 7.30pm in Cartmel Fell Parish Hall. It will be a discussion on this years resolution " The mandatory labelling of food with the true county of origin"

Further information contact Anne Ratcliffe, 015395 52107

CROSTHWAITE & LYTH

The Argles Hall was a buzz of activity as members crowded around the Bring and Buy Stall, which did a roaring trade offering all sorts of items, edible and decorative. Marilyn presided over a large group of members, and many plans for future activities were hatched. She then introduced Mrs. Christine Knipe, a well-known friendly face who is the Chief Executive of the Westmorland County Agricultural Society. Christine gave a fascinating insight into the work of the Society which extends far beyond the annual show, providing courses, conference facilities, education, stimulating interest in farming in many very resourceful ways. She was thanked by Pam Pitt who had been going to the Show since she was nine years old, and said it was one of the most interesting WI talks she had ever heard.

WITHERSLACK

Ann Walshaw presided at the April meeting and welcomed 17 members plus one visitor. She thanked those who had entered items in the Cartmel Fell Spring Show. Pauline Hodgson did well, sharing equal first for bakery. There is to be a visit to Swarthmoor Hall of Quaker history next week, kindly arranged by Pru Dodgson. Members were reminded about the Federation Walks day on May 8th and their offers of help and food. Several members had much enjoyed the talk on The Morecambe Bay Bridge project at Burneside.

The three groups within the Institute, who work in rotation preparing the hall etc each month, have been "tidied up" after changes in membership numbers, to make them more even.

The speakers were Joan Airey and Christine Bracken from Kendal Castle WI.

They showed 8 different techniques for use in making greeting cards. They belong to a group of 9 "Dabblers" who meet regularly and help each other with ideas. Their enjoyment of what they do was very obvious.

Next meeting: May 11th: Resolutions

REGULAR EVENTS

BRIGSTEER

Scottish Dancing

Thursdays at 7.30pm at The Institute, Levens

Contact Pauline Hampson 015395 68672

Table tennis

Tuesdays at 8pm in Underbarrow Village Institute

CARTMEL FELL

For bookings contact Helen Caldwell Tel. 015395 68428

Women's Institute

First Wednesday in the month at 7.30pm

Local History Society

Second Monday in the month at 8pm during winter

Chi Kung (beginners)

Wednesdays 4-5pm

Tai Chi

Thursdays 4-5pm

CROSTHWAITE MEMORIAL HALL

Check bookings online at <http://www.crosthwaiteandlyth.co.uk>

Art Club

Mondays 1.45pm now on its summer break

Rainbows

Mondays 4.30pm-5.30pm from 12th

Playgroup

Tuesdays & Thursdays 9.30-11.30am from 13th

Exchange

1st Wednesday 1pm-4pm; other Weds 2pm-4pm

Women's Institute

Every 3rd Wednesday of the month at 7.30pm

UNDERBARROW INSTITUTE

Quilting class

Mondays 2-4pm

Billiards Club

Mondays from 7.30pm

Brigsteer Table tennis

Tuesdays 8pm (see above)

WI

Every 2nd Wednesday of the month at 7.30pm

(1.30pm in Nov, Dec, Jan & Feb)

WINSTER

Book & Plant days

Saturday 29th May;

Keep Fit

Mondays 9.30am-10.30am

Line Dancing Classes

Mondays 7.30pm-9.30pm at Winster Village Hall

WITHERSLACK

Indoor Bowling

Wednesdays 7.30-10pm

Parent & Toddler Group

Tuesdays 10am until noon

Tea & Chat Group

Every 1st Tuesday of the month at 2pm

Women's Institute

Every 2nd Tuesday of the month at 7.30pm

The Art Club

Fridays 9.30am-12.30pm

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